

DINNERLY



Vegetarian Bean Enchiladas

with Cheese & Onions



20-30min



2 Servings

Normally, when you think of quick enchiladas, you're reaching deep into the freezer for a frozen bundle to pop into the microwave. We're bringing you the whole enchilada—complete with homemade sauce and a cheese and bean filling—but without the freezer burn. Once assembled, dinner cooks in just 3–4 minutes. Blink, and you might miss it! We've got you covered.

WHAT WE SEND

- garlic
- 15 oz can pinto beans
- 3¼ oz mozzarella ²
- 1 red onion
- ¼ oz taco seasoning
- 8 oz tomato sauce
- 6 (6-inch) flour tortillas ^{3,1}

WHAT YOU NEED

- apple cider vinegar (or red wine vinegar)
- sugar
- kosher salt & ground pepper
- all-purpose flour ¹
- olive oil

TOOLS

- box grater
- medium skillet
- medium baking dish (1½-2 qt)

ALLERGENS

Wheat (1), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 820kcal, Fat 34g, Carbs 101g, Protein 28g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Finely chop **2 teaspoons garlic**. Drain and rinse **beans**. Coarsely shred **mozzarella** on the large holes of a box grater. Finely chop **onion**. In a medium bowl, stir to combine **1 tablespoon vinegar**, **1 teaspoon sugar**, and **¼ teaspoon salt**. Add **¼ cup of the onions** and toss to coat; set aside until ready to serve.



2. Make enchilada sauce

In a medium bowl, whisk to combine **1 tablespoon taco seasoning** (or more depending on heat preference) and **2 teaspoons flour**, then slowly whisk in **½ cup water** until combined. Stir in **tomato sauce**, **1 tablespoon oil**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



3. Cook tortillas & onions

Stack **tortillas**, wrap in foil, and place directly on top oven rack to warm through, about 5 minutes. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **remaining chopped onions** and a **pinch of salt**. Cook, stirring, until onions are softened and browned in spots, about 3 minutes. Add **chopped garlic** and cook, stirring, until fragrant, about 30 seconds.



4. Make bean filling

Remove skillet from heat, stir in **beans** and **½ cup of the enchilada sauce**, mashing beans slightly with a fork. Stir in **half of the cheese**, then season to taste with **salt** and **pepper**. Spread **¼ cup of the remaining enchilada sauce** in the bottom of a medium baking dish. Arrange **tortillas** on a work surface. Divide **bean filling** evenly among tortillas.



5. Assemble, bake & serve

Roll up **tortillas** and place in prepared baking dish, seam side down. Top tortillas with **remaining enchilada sauce and cheese**. Bake **enchiladas** on upper oven rack until cheese is melted and sauce is bubbling, 8–10 minutes. Let sit for 5 minutes before serving. Garnish with **pickled onions**. Enjoy!



6. Cool it!

Cool it all down with a bit of homemade guacamole or a side of sour cream mixed with a squeeze of lime juice.